

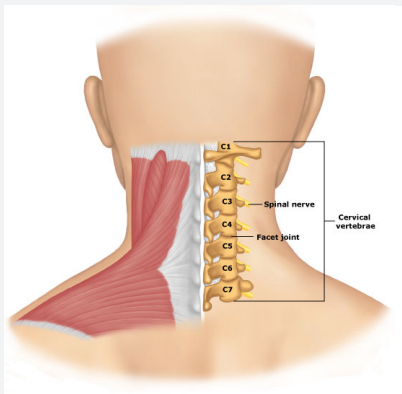
# Cervical Spine



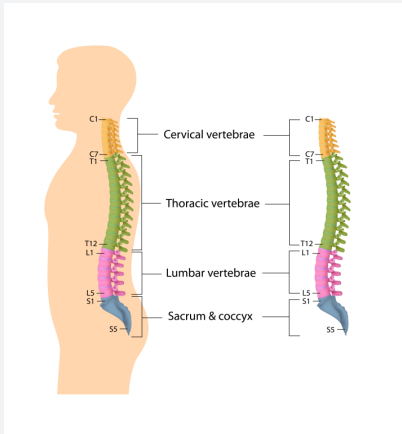
## The conditions

- Headaches
- Wry Neck
- Whiplash Injury
- Arthritis in the Neck
- Cervical Spondylosis

## PATIENT INFORMATION



*Cervical pain is associated with weakness of the deep holding muscles of the neck.*



### About the conditions

Pain can be a common complaint in the neck region, particularly if there has been any history of trauma such as a direct blow to the head or whiplash, but also due to the normal age/related changes to the structures in the neck. These incidents, which often have occurred years ago, and combined with the wear and tear our daily life puts on our necks (particularly if our posture is not ideal) can result in stiffness and pain.

There is a shared nerve supply with the skin and muscles of the neck, and with the back area and top of the head, so it is common to find that 'headaches' are often referred pain from the upper part of the neck.

Episodes of neck pain can either be very acute such as waking with a wry neck or a slow gradual loss of movement and increase in ache over a matter of weeks.

### Usual symptoms include

- Headaches with pain sited around the back of the head/eye.
- Aches from the neck into the shoulders.
- Restriction in movement e.g. difficulty reversing the car.
- Pain on waking in the morning.
- Pain, weakness and/or changes of sensation in the arm.

### What we can do to help

- We can use gentle massage and manual therapy to free the restricted joints and muscles to relieve pain and restore movement.
- We can tape and teach you stretching of the neck muscles to help them relax and reduce pain.
- We can teach you strengthening exercises for the deep holding muscles of your neck to help your posture and also advise you on the right sort of chair, work set up, pillow etc. for you to avoid adding strain to your neck.
- We can use acupuncture to facilitate your body's natural healing process.

Your local Active+ clinic:

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